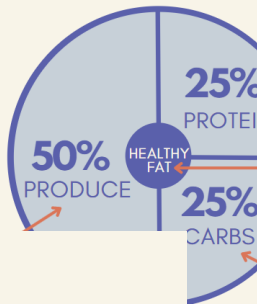


Meal Planning Toolkit

PLATE PLANNER

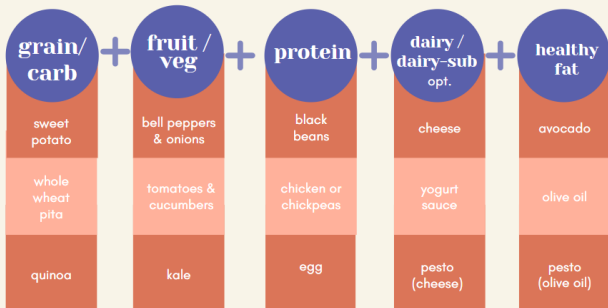
The PlateMethod is a simple way to plan meals for you and your family



Lean proteins like chicken breast, 90% ground beef, fish,

Non-starchy

MEAL EXAMPLES



SAMPLE GROCERY LIST

PRODUCE

- longer-lasting veggies
 - parsnips, cabbage, winter squash, beets, carrots, celery, onions, peppers
- shorter-lasting veggies
 - romaine, spinach, spring mix, arugula, leaf lettuce, summer squash, tomatoes, cucumber, asparagus, broccoli, mushrooms
- longer-lasting fruit
 - apples, oranges, pears, lemons, green bananas, melon
- shorter-lasting fruit
 - berries, ripe bananas, peaches, grapes, pre-cut fruit
- frozen or canned veggies (no salt/sauce added)
 - ex. canned pumpkin, artichokes
- frozen or canned fruit (no sugar added)
 - ex. canned tomatoes, frozen berries
- dried fruit (no sugar added)

GRAINS/CARBS

- pasta
 - whole grain, chickpea or lentil pasta
- whole grain bread
- English muffins
- rolled oats
- potatoes (white, sweet)
- brown rice
- popcorn
- quinoa
- farro
- whole wheat or corn tortillas

PROTEIN

- beans (black, kidney, pinto, etc.)
- hemp seeds / hemp protein
- chickpeas / hummus
- soy proteins
 - tofu, tempeh, seitan, edamame
- veggie burgers (watch salt)
- eggs / egg whites
- chicken breast
- lean ground meat (chicken, turkey, beef, etc.)
- lean pork
 - ex. pork loin
- lean beef
 - ex. top sirloin, top round
- tuna or salmon
 - fresh, frozen, or canned

FATS

- avocado
- oils (ex. avocado, olive, canola)
- pesto
- avocado
- nuts and seeds (ex. chia, flax)
- coconut / coconut milk
- dark chocolate

DAIRY/DAIRY SUBS

- milk / milk substitutes (calcium & vitamin D fortified)
- cheese / string cheese
- low sugar yogurt / Greek yogurt

MISC

- herb & spices
- vinegar or lemon / lime juice
- condiments (ex. mustard, salsa, tahini)
- vegetable, chicken, or beef broth
- coffee or tea
- sweeteners